

From survival to independence



3 Kitchens

Volunteer • Seek Employment • Become an Entrepreneur

Mokhigoul Issoboeva
Passionate cook and aspiring business owner

Mokhigoul Issoboeva

Country
France

Find out more
<https://mariecurry.fr/>



Her Story

Mokhigoul left Tajikistan in 2016 with her family, fleeing harassment and insecurity. Their journey to France was long and fraught with obstacles, taking them through Russia, Ukraine, and Poland. With the help of friends, the family finally made it to France by taxi. In Bordeaux, Mokhigoul started from scratch. She took language courses, did volunteer work, and then internships. In 2019, the family settled in Lormont, where they achieved a degree of stability. It was there that she developed her ambition to open a restaurant. She obtained a certificate in cooking in 2022, then joined Marie Curry, where she signed a permanent contract in 2023. She left the project two years later to devote herself to her dream of entrepreneurship.

Motivation

Independence is at the heart of Mokhigoul's journey. "I live in France, I have to learn. I can't always go with my husband." Determined to integrate, she took on a range of training courses and experiences. She also wants to be a role model for her children: "I want them to go to school, to university, to get their driver's license. That's what independence is all about." Her passion for cooking is combined with a deep desire to pass on her knowledge and help others. She also dreams of setting up a center for women in difficulty.

I cried a lot, but I tried, and I succeeded. In France, you have to learn, speak the language, and stand on your own. You can't wait for someone else to build your life — independence is something you fight for every day.





Challenges

Mokhigoul's journey has been marked by many difficulties: uprooting, language barriers, doubts, administrative obstacles, the health crisis... "I cried a lot, but I tried, and I succeeded." Her dream of opening a restaurant was delayed by the pandemic.

She has also seen the limitations of certain support systems: "The employment center is a big machine. There aren't enough people." Integrating into the workforce, especially in a multicultural environment, required effort, adaptation, and perseverance.

What learning can you share?



Each challenge strengthened Mokhigoul's resilience. She sees difficult times as life lessons: "Even in negative situations, I found something to learn." Her time at Marie Curry, implementor of 3 Kitchens, allowed her to grow in terms of skills, confidence, and humanity. "It wasn't wasted time. We built something together." She learned the importance of patience, listening, and teamwork. She also emphasizes the richness of cultural diversity: ***"Working with people from different countries isn't always easy, but it's a valuable experience."*** Today, she is determined to achieve her dream, strengthened by everything she has learned and received.

What are your Future Plans?

Mokhigoul is now focused on making her long-time dream a reality: opening her own restaurant. Drawing on her years of training, work experience, and unwavering resilience, she is determined to build a space where she can share her culture through food. But her ambitions don't stop there — she also dreams of creating a support center for women in difficult situations. For her, independence and solidarity go hand in hand, and she's committed to helping others find their own path forward.

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